

## ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.  
Unit 4, Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

Tel:

**08457 089 009**

Outside the UK: 0 (044) 113 387 7133  
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEVBE7035.0)
- the NAME of the product (WEIDER PRO 130 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

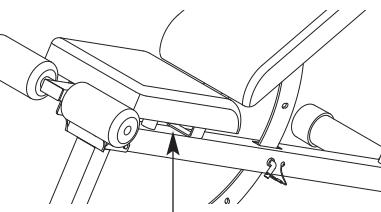
# WEIDER® PRO 130

## USER'S MANUAL

Model No. WEEVBE7035.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

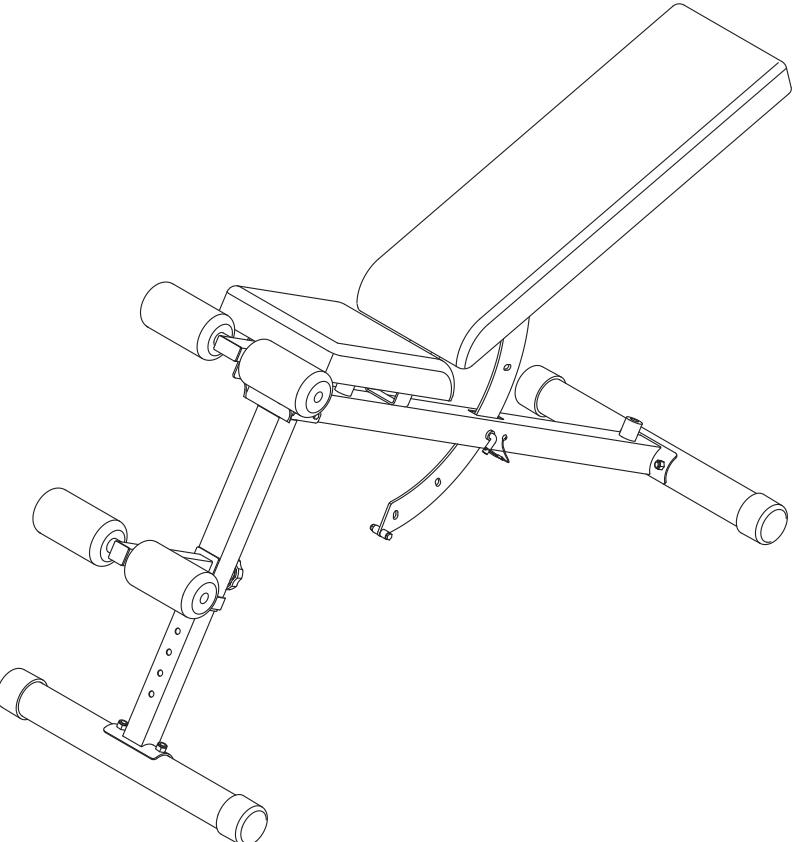
**08457 089 009**

Or write:  
ICON Health & Fitness, Ltd.  
Unit 4  
Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

email: csuk@iconeurope.com

### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

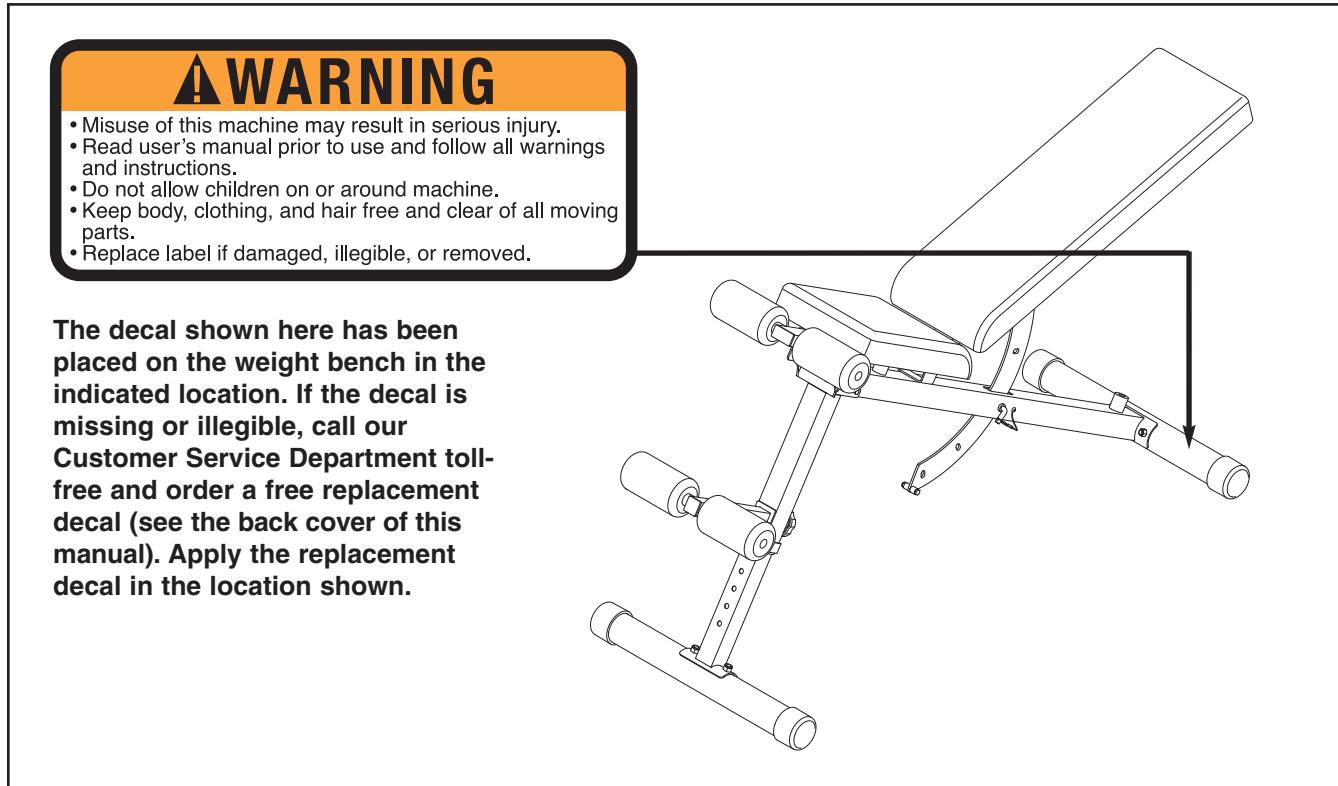
[www.iconeurope.com](http://www.iconeurope.com)

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT



Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

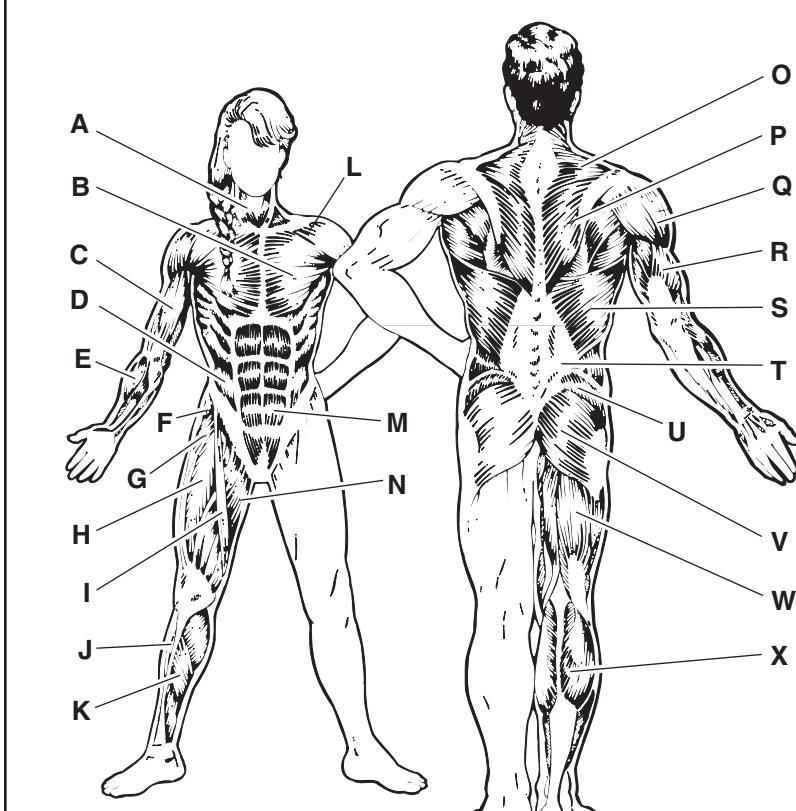
### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

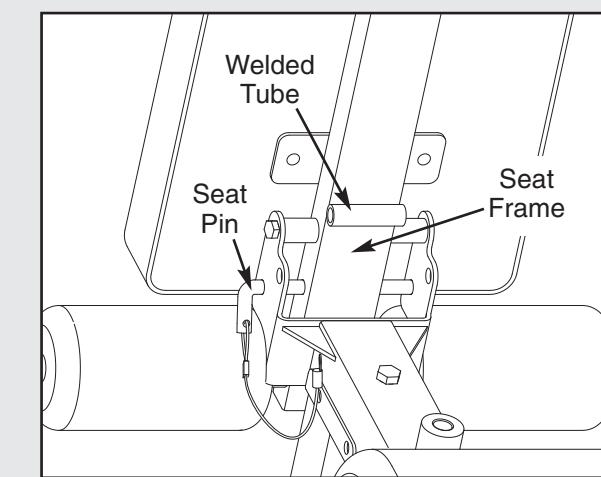
Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Always wear athletic shoes for foot protection while exercising.
8. Keep hands and feet away from moving parts.
9. The weight bench is designed to support a maximum user weight of 135 kg (300 lbs.), a maximum dumbbell weight of 50 kg (110 lbs.), and a maximum total weight of 185 kg (410 lbs.).
10. Inspect and tighten all parts each time the weight bench is used. Replace any worn parts immediately.
11. Always make sure that the pins are fully inserted and in the proper position for the exercise you are performing.
12. When the seat is tilted to the upright position, always insert the seat pin into the hole in the seat frame as shown below. Do not insert the seat pin into the welded tube.
13. When the seat is in the lower position, insert the seat pin into the welded tube to prevent the seat from pivoting during exercise.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.



**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

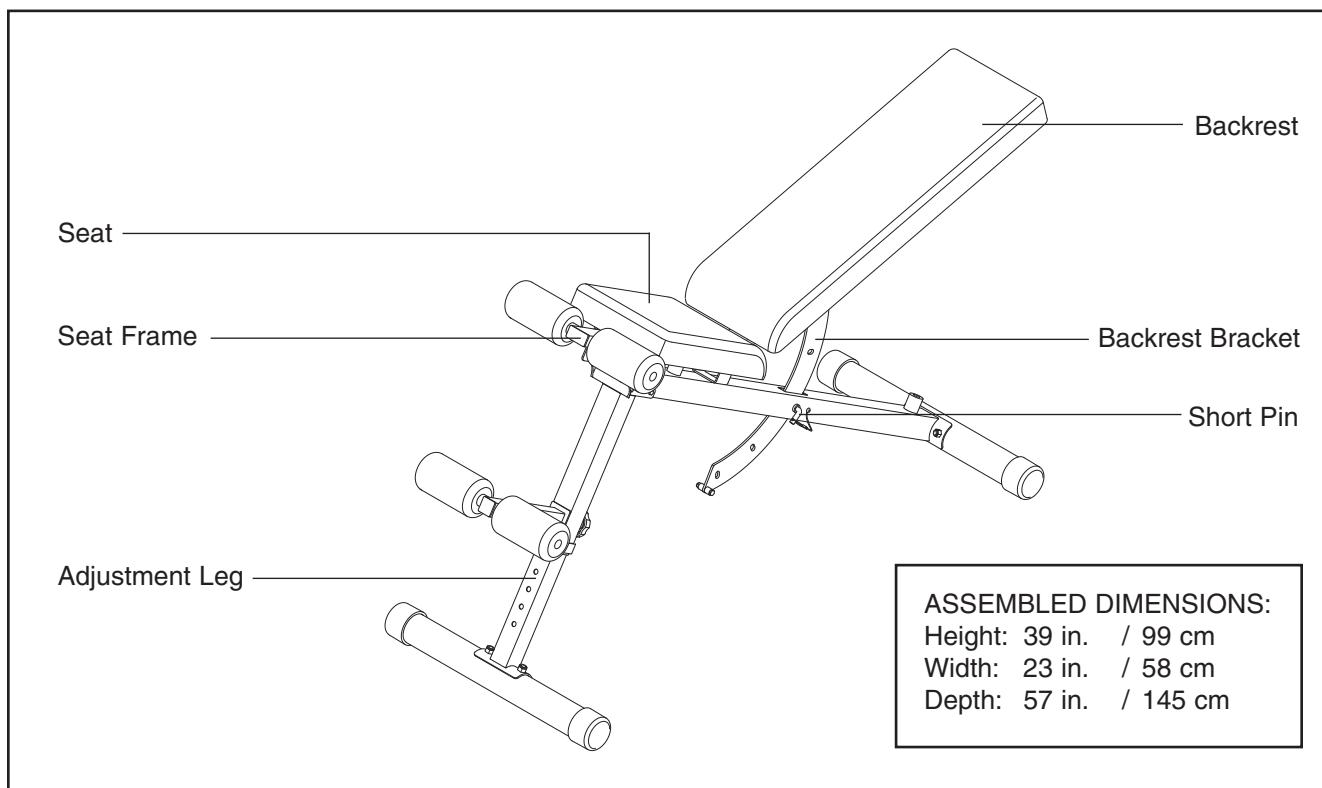
## BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 130 weight bench. The weight bench is designed to help you develop the major muscle groups of the upper body. Whether your goal is a shapely figure, dramatic muscle size and strength or a healthier cardiovascular system, the weight bench will help you achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight bench.** If you have questions,

please call the telephone number on the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVBE7035.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



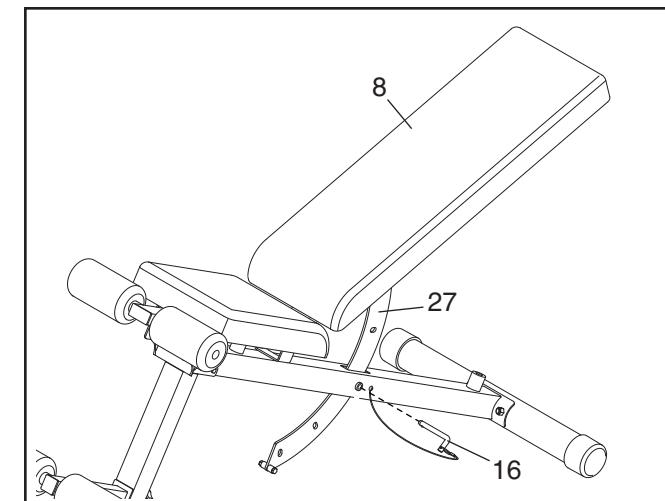
## ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 10 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

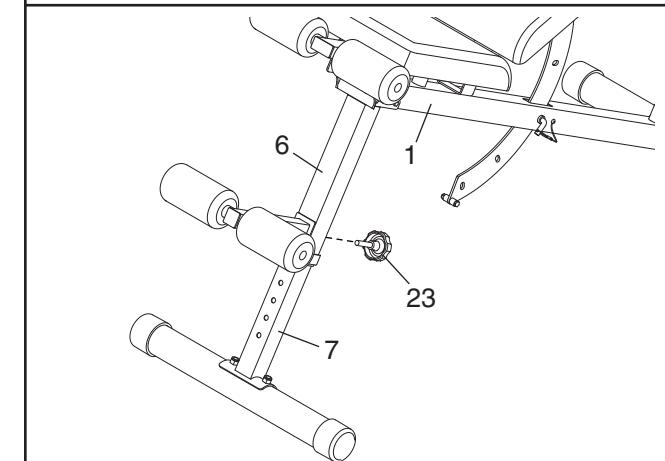
### ADJUSTING THE BACKREST

To adjust the Backrest (8), first remove the Short Pin (16). Raise or lower the Backrest and insert the Short Pin through the Bench Frame (1) and the Backrest Bracket (27).



### ADJUSTING THE HEIGHT OF THE WEIGHT BENCH

To adjust the height of the weight bench, remove the Adjustment Knob (23) and raise or lower the Bench Frame (1) to the desired height. Reinsert the Knob into the Leg (6) and the Adjustment Leg (7). Fully tighten the Knob.

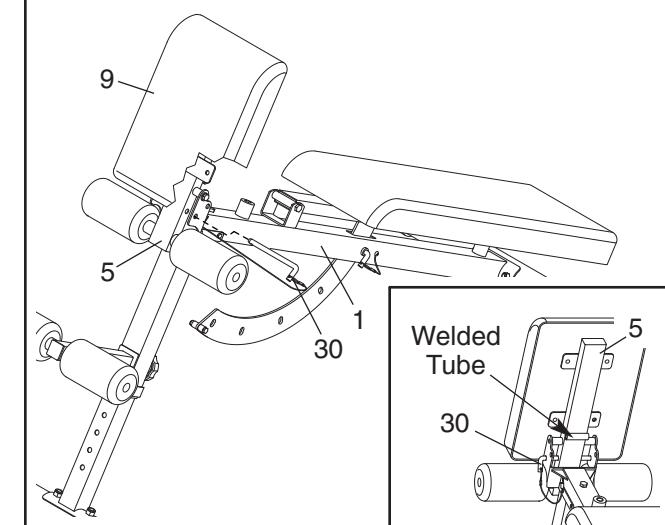


### SETTING UP THE WEIGHT BENCH FOR ROMAN CHAIR EXERCISES

Raise the Seat Frame (5) to the upright position. Insert the Long Pin (30) into the Bench Frame (1) and the Seat Frame. Adjust the height of the weight bench as described above so that the Seat (9) is in a comfortable position.

Note: When the Seat (9) is in the lower position, insert the Long Pin (30) through the Bench Frame (1) and the welded tube on the Seat Frame (5) to prevent the Seat from pivoting during exercise.

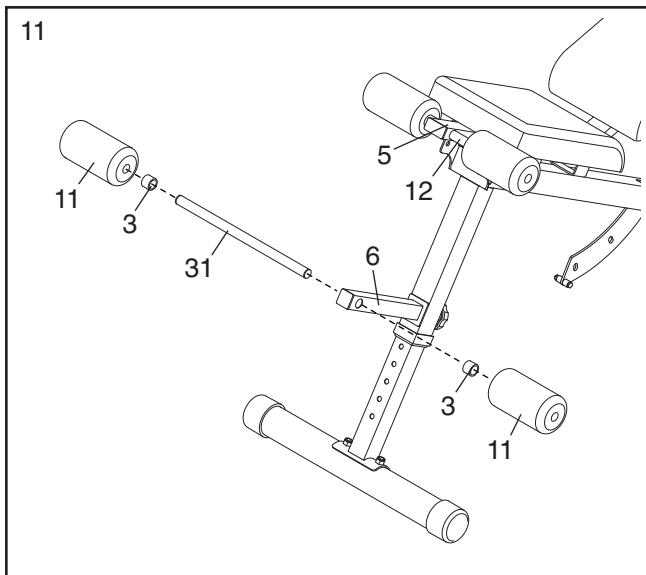
**WARNING:** When the Seat (9) is in the upright position, always insert the Long Pin (30) into the hole in the Seat Frame (5) as shown in the inset drawing; do not insert the Pin into the welded tube on the Seat Frame.



11. Slide the Short Pad Tube (31) through the hole in the Leg (6). Slide two Plastic Spacers (3) and two Foam Pads (11) onto the Pad Tube.

**Repeat this step with the Long Pad Tube (12) and the Seat Frame (5).**

12. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the next page.



## ASSEMBLY

### Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

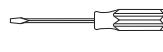
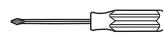
**Before beginning assembly, carefully read the following information and instructions:**

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

**The included grease, and the following tools (not included) may be required for assembly:**

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Clear tape or masking tape, and soapy water.**

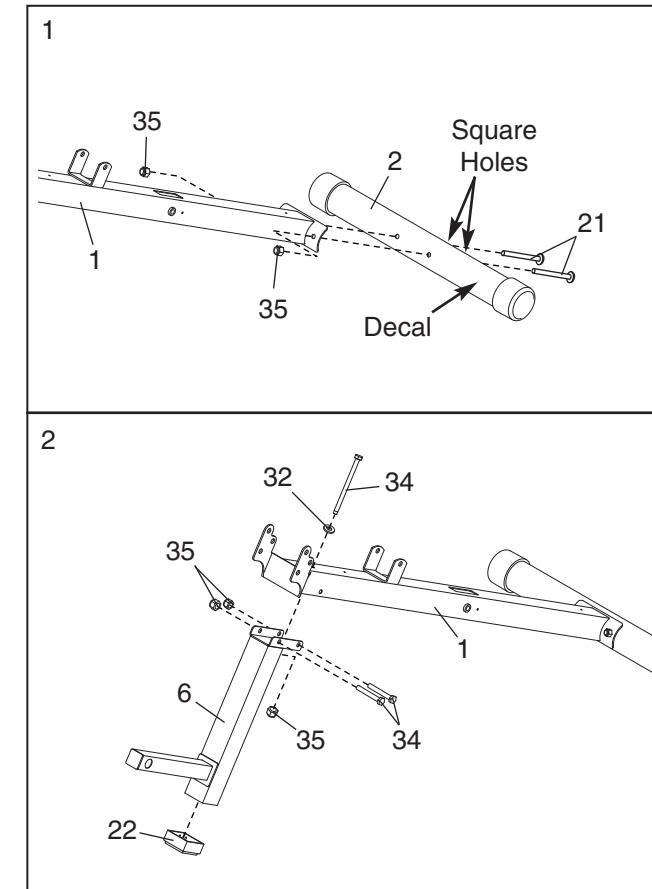
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART in the center of this manual.**

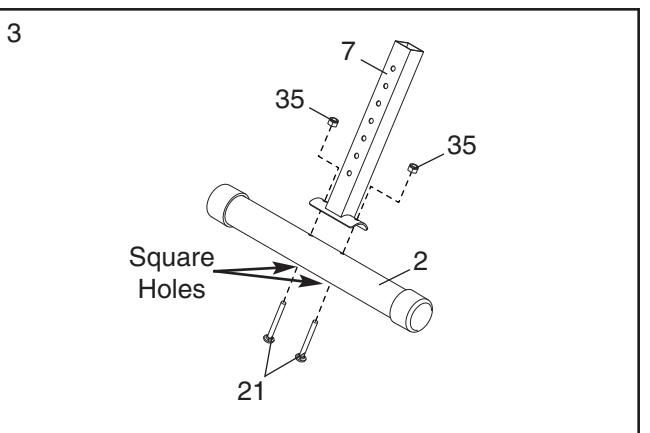
Orient the Stabiliser (2) as shown. Attach the the Bench Frame (1) to the Stabiliser with two M8 x 72mm Carriage Bolts (21) and two M8 Nylon Locknuts (35). **Do not tighten the Locknuts yet.**

2. Make sure that the Square Bushing (22) is on the end of the Leg (6).

Attach the Leg (6) to the Bench Frame (1) with three M8 x 67mm Bolts (34), an M8 Washer (32), and three M8 Nylon Locknuts (35). **Do not tighten the Locknuts yet.**

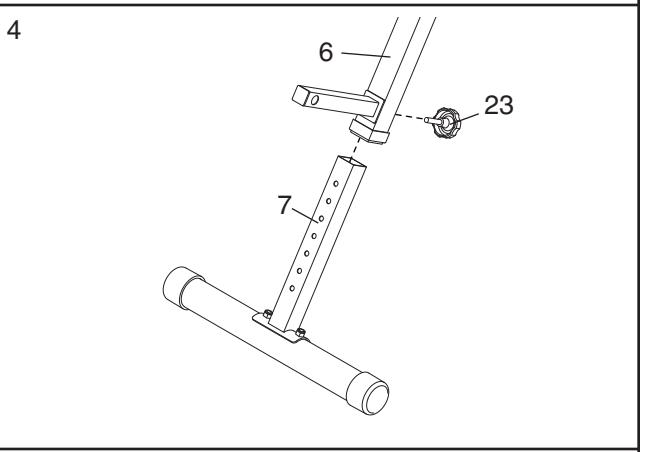


3. Orient the second Stabiliser (2) as shown. Attach the Stabilizer to the Adjustment Leg (7) with two M8 x 72mm Carriage Bolts (21) and two M8 Nylon Locknuts (35). **Do not tighten the Locknuts yet.**

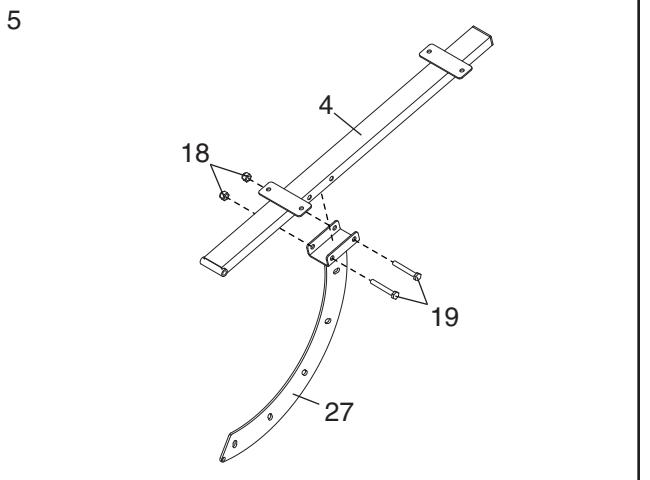


4. Slide the Adjustment Leg (7) into the Leg (6). Fully tighten the the Adjustment Knob (23) into the Adjustment Leg and the Leg.

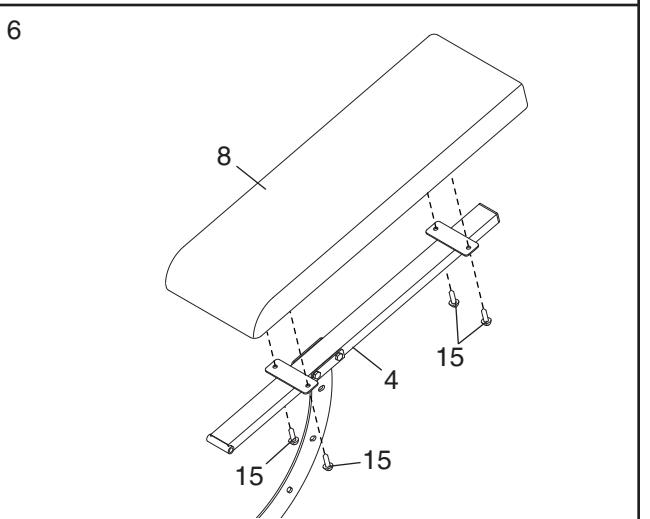
**Tighten the M8 Nylon Locknuts (35) used in steps 1-3.**



5. Attach the Backrest Bracket (27) to the Backrest Frame (4) with two M10 x 70mm Bolts (19) and two M10 Nylon Locknuts (18).



6. Attach the Backrest (8) to the Backrest Frame (4) with four M6 x 16mm Screws (15).



7. Insert the Backrest Bracket (27) through the Bench Frame (1).

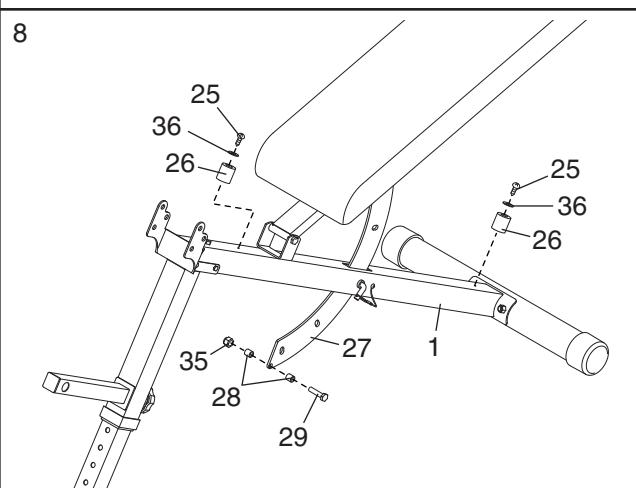
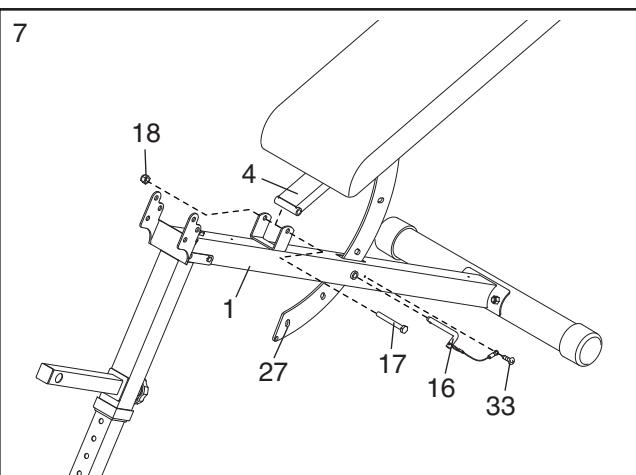
Grease an M10 x 80mm Bolt (17). Attach the Backrest Frame (4) to the Bench Frame (1) with the Bolt and an M10 Nylon Locknut (18). **Do not overtighten the Locknut; the Backrest Frame must be able to pivot easily.**

Attach the Short Pin (16) to the Bench Frame (1) with an M4 x 12mm Screw (33). Insert the Pin into the Bench Frame and Backrest Bracket (27).

8. Attach two Bumpers (26) to the Bench Frame (1) with two M4 x 16mm Self-tapping Screws (25) and M6 Washers (36).

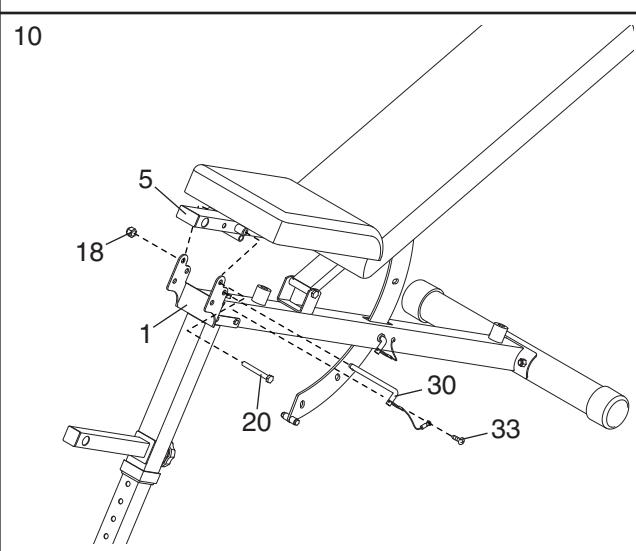
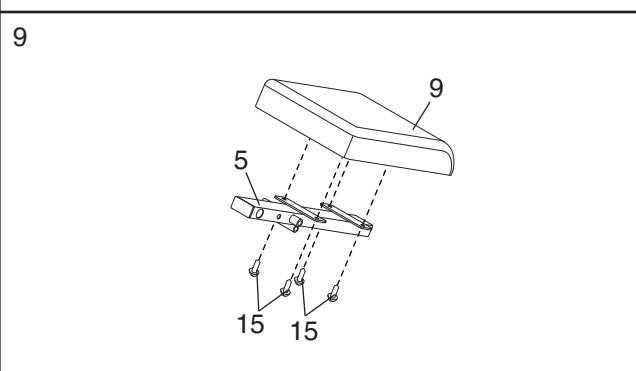
Attach the 10mm Spacers (28) to the round hole in the Backrest Bracket (27) with an M8 x 35mm Bolt (29) and an M8 Nylon Locknut (35).

9. Attach the Seat (9) to the Seat Frame (5) with four M6 x 16mm Screws (15).



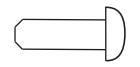
10. Attach the Seat Frame (5) to the Bench Frame (1) with an M10 x 122mm Bolt (20) and an M10 Nylon Locknut (18).

Attach the Long Pin (30) to the Bench Frame (1) with an M4 x 12mm Screw (33). Insert the Pin into the Bench Frame and Seat Frame (5).

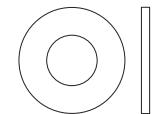


## PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.



M4 x 12mm Screw (33)



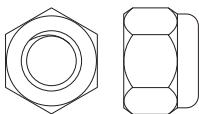
M6 Washer (36)



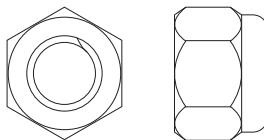
M4 x 16mm Self-tapping Screw (25)



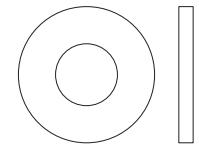
M6 x 16mm Screw (15)



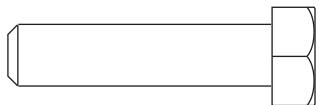
M8 Nylon Locknut (35)



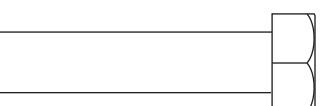
M10 Nylon Locknut (18)



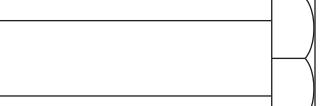
M8 Washer (32)



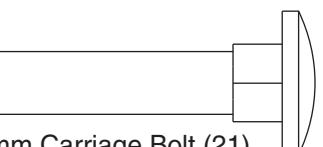
M8 x 35mm Bolt (29)



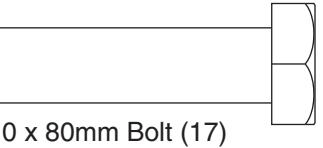
M8 x 67mm Bolt (34)



M10 x 70mm Bolt (19)



M8 x 72mm Carriage Bolt (21)



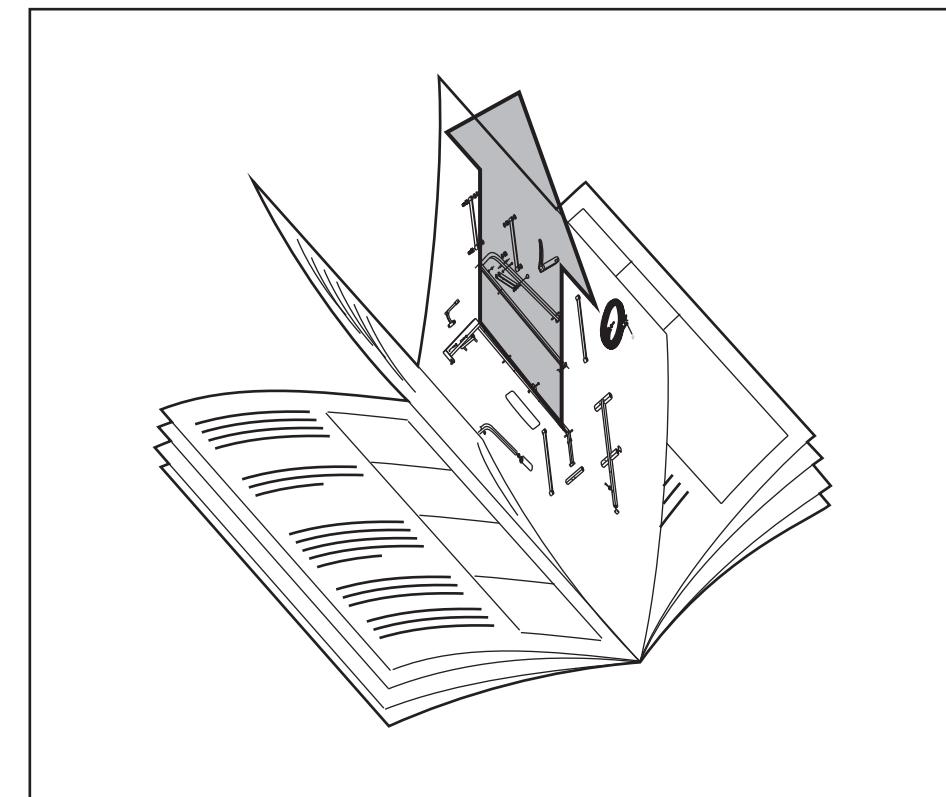
M10 x 80mm Bolt (17)



M10 x 122mm Bolt (20)

MAKE ASSEMBLY EASIER. REMOVE AND USE THIS  
PART IDENTIFICATION CHART AND PART  
LIST/EXPLODED DRAWING DURING ASSEMBLY.

SAVE THIS PART IDENTIFICATION CHART  
PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



## PART LIST—Model No. WEEVBE7035.0

R0705B

| Key No. | Qty. | Description           | Key No. | Qty. | Description                  |
|---------|------|-----------------------|---------|------|------------------------------|
| 1       | 1    | Bench Frame           | 21      | 4    | M8 x 72mm Carriage Bolt      |
| 2       | 2    | Stabiliser            | 22      | 1    | Square Bushing               |
| 3       | 4    | Plastic Spacer        | 23      | 1    | Adjustment Knob              |
| 4       | 1    | Backrest Frame        | 24      | 1    | 25mm Square Inner Cap        |
| 5       | 1    | Seat Frame            | 25      | 2    | M4 x 16mm Self-tapping Screw |
| 6       | 1    | Leg                   | 26      | 2    | Bumper                       |
| 7       | 1    | Adjustment Leg        | 27      | 1    | Backrest Bracket             |
| 8       | 1    | Backrest              | 28      | 2    | 10mm Spacer                  |
| 9       | 1    | Seat                  | 29      | 1    | M8 x 35mm Bolt               |
| 10      | 4    | 60mm Round Endcap     | 30      | 1    | Long Pin                     |
| 11      | 4    | Foam Pad              | 31      | 1    | Short Pad Tube               |
| 12      | 1    | Long Pad Tube         | 32      | 1    | M8 Washer                    |
| 13      | 4    | 19mm Round Inner Cap  | 33      | 2    | M4 x 12mm Screw              |
| 14      | 3    | 25mm x 50mm Inner Cap | 34      | 3    | M8 x 67mm Bolt               |
| 15      | 8    | M6 x 16mm Screw       | 35      | 8    | M8 Nylon Locknut             |
| 16      | 1    | Short Pin             | 36      | 2    | M6 Washer                    |
| 17      | 1    | M10 x 80mm Bolt       | #       | 1    | Exercise Guide               |
| 18      | 4    | M10 Nylon Locknut     | #       | 1    | User's Manual                |
| 19      | 2    | M10 x 70mm Bolt       | #       | 1    | Grease Packet                |
| 20      | 1    | M10 x 122mm Bolt      |         |      |                              |

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

## EXPLODED DRAWING—Model No. WEEVBE7035.0

R0705B

